

**Softball teams keep swinging***Bad Boyz plow under Engineers in post softball play*

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Fort Riley Post

History's door reopens*Docents help visitors understand Custer House heritage*

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Vol. 49, No. 23

Around the Army**Fort Knox:**

The Turret reported June 1 that 1st Army Training Brigade screening sites were streamlining sick call.

To reduce the amount of time Soldiers must spend at sick call for medical care, and to preclude having to send every Initial Entry Training Soldier to the Nelson Troop Medical Clinic, the 1st Army Training Brigade has established sick call screening sites to cover each of its training battalions and squadron.

This is not a new Army process. Fort Jackson, S.C., has effectively used it for a number of years. But, the screening sites are a change for the 1st ATB, and thus far have produced outstanding results during the program's implementation.

About 50 percent of the Soldiers return to duty within an hour of examination at the battalion-level sick call site. The IET Soldiers miss less training, and the providers at the Nelson Clinic are able to spend more time examining and treating IET Soldiers who require that level of expertise.

For more about this story and other Fort Knox, Ky., news, visit www.thenewscenter-prize.com/turret/ on the Web.

Fort Belvoir:

The Belvoir Eagle reported June 1 that Department of Defense emergency responders matched wits with Hurricane Frank during a week-long training exercise on post. The exercise ended May 26, just days before the start of the 2006 Atlantic hurricane season.

More than 100 personnel from the 249th Engineer Battalion (Prime Power), emergency power and response teams from the Army Corps of Engineers, the Federal Emergency Management Agency and DoD contractors employed by IAP Worldwide Services worked together during the exercise, which saw the simulated Category III storm make landfall in Virginia Beach.

For more on this story and other Fort Belvoir, Va., news, visit www.belvoireagle.com/ on the Web.

Fort Bliss:

The Monitor reported June 1 that the Base Realignment and Closure announcement has meant growth for the Texas post.

AAAFES is in the process of building an 11,200 square foot shopette and Class Six store on Cassidy Road. The new shopette will have 16 gas pumps and diesel fuel.

After the Cassidy Road Shopette opens, the existing Cassidy Road gas station will be demolished and replaced with a Burger King, Captain D's and playground.

Construction for the new main exchange starts next May. This is being built behind the current shopping center to the south of Pop-eye's. After construction is complete on the main exchange, the Defense Commissary Agency plans to build a new commissary next to the main exchange.

For more on this and other Fort Bliss, Texas, stories, visit www.lavenpublishing.com/fort-blissmonitor.html on the Web.

Army picks blue dress uniform

Streamlining will eliminate Class A greens, whites by fiscal year 2011

Army News Service

WASHINGTON — Army service uniforms will be streamlined to one blue Army Service Uniform, the Army announced June 5.

"World-class Soldiers deserve a simplified, quality uniform. The

blue Army Service Uniform is a traditional uniform that is consistent with the Army's most honored traditions," said Sgt. Maj. of the Army Kenneth O. Preston.

"We have all of these variations of uniforms — green, blue and white," said Army Chief of Staff Gen. Peter J. Schoomaker. "It

makes sense for us to go to one traditional uniform that is really sharp and high quality and which Soldiers will be very proud to wear. And that's what we've done by adopting this blue Army Service Uniform that reflects simplicity, quality, utility and tradition."

Many Soldiers already own an Army blue uniform (now to be called the Army Service Uniform) and may continue to wear it. Improvements will be made to the fabric and fit. Reduction of the number of uniforms will reduce the burden on Soldiers for purchases and alteration cost.

Introduction in the Army Military Clothing Sales Stores should begin in fourth quarter of fiscal year 2007. Introduction in the initial issue "Clothing Bag" should begin first quarter of fiscal year 2009. The mandatory possession

See Uniform, Page 12

Body wash



Post/Morelock

Members of the emergency response team at Irwin Army Community Hospital hose off a contaminated "patient" during a regional disaster exercise June 1. The hypothetical disaster occurred when a crop duster flew over Bill Snyder Family Stadium in Manhattan and released a mist over the crowd.

Hospital hones chemical attack response

By Jan Clark
IACH PAO

The call to Irwin Army Community Hospital came at 9:10 a.m. June 1. A light plane had released a chemical agent over fans watching a football game at the Kansas State University football stadium in Manhattan.

The majority of patients were being handled by Manhattan, Junction City and

Warrego hospitals, but 15 Soldiers or family members were known to be driving themselves to IACH for care.

The mass casualty exercise included health agencies and responders from Riley, Geary and Pottawatomie Counties, besides the post hospital staff. This exercise would test the hospital's staff on its ability to determine the health condition of patients and the staff's ability to decontaminate the patients.

Arriving patients exhibited difficulty breathing, runny noses, vision problems, stomach cramps and nausea.

Once the patients arrived, decontamination procedures began.

"Decontamination is the physical process of removing harmful substances from contaminated personnel, supplies and equipment. It should be performed whenever there is a known or suspected contamination."

See Muscal, Page 2

More 'birds' roost at Riley

Black Hawks arrive; new brigade grows

By Stephanie Perrin
Asst. Media Rel. Officer

Black Hawk helicopters returned to Fort Riley's Marshall Army Air Field June 9.

The seven aircraft were the first Black Hawks to arrive since the deployment of the 82nd Medical Company (Air Ambulance) in November 2005. The helicopters, which were initially shipped from Germany, flew the five hours from Beaumont, Texas, to Fort Riley.

The helicopters are the first Big Red One Black Hawks to arrive at Fort Riley to become part of the 1st Infantry Division's Combat Aviation Brigade.

About 40 Black Hawks will be assigned to the brigade that is estimated to have about 110 aircraft and 2,700 Soldiers when it reaches full strength.

"Anytime you can build a brigade up from where there was nothing before is always going to be great," said Lt. Col. Mike Tetu, commander of 2nd Battalion, 1st CAB.

I was here 10 years ago when we said goodbye to all our airplanes at the airfield. It was a sad day. All the aviators went scattering to the four winds of the Army. ... it became really quiet here."

Besides the Black Hawks, the brigade's pilots will fly Apache gunships, some of which arrived

See Black Hawks, Page 12

Armor officers practice tank 'fight'

Lack of 'tracks' fails to deter 2nd. Bn., 34th Armor

By Anna Morelock
Staff writer

Second Lt. Austin Wakefield received his commission as an armor officer May 14, 2005. He joined 2nd Battalion, 34th Armor, as a platoon leader in February 2006. On May 30 and 31, he got his first chance to go on a tank mission at Fort Riley.

The only problem was, 2nd Bn., 34th Armor, has no tanks.

"The best armor training we can do on Fort Riley right now is right here," said Battalion Commander Lt. Col. David Seigel while watching the digitized simulation of the National Training Center at Fort Irwin, Calif., roll across a TV screen at the Close Combat Tactical Trainer building on Custer Hill.

Seigel said it is important for armor second lieutenants to get tank training before moving on to other duty stations. The fact that the battalion doesn't have any tanks isn't going to stop them. In fact, in some ways it's better, Seigel said.

Training includes air, artillery support scenarios

It's cheaper, Seigel said, referring to the money it costs for gas and ammunition to run the real thing in the field. The Soldiers also get a chance to use air support and artillery, where as in the field it may be harder to coordinate those elements into a training exercise.

"It's actually pretty realistic, and in some ways it's better than being out in the field,"

Wakefield said of the simulators. "It's a good tool you can use to hone your skills and take them with you when you're on a real tank."

The mission that day started out like a real mission might when Wakefield and the other platoon leaders received their mission from the commander, planned their movements, pitched their order to the other tank commanders and then walked out of the room to execute their mission.

From the classroom, the Soldiers walked into a large warehouse-type room filled with giant metal boxes. Each box, with a smaller one sitting next to it for the driver was their tank for the day.

Upon opening the door to one of the simulation units, the Soldiers were transported

See Tankers, Page 6



Post/Morelock

Second Lt. Austin Wakefield of 2nd Bn., 34th Armor, talks over the radio during a simulated tank mission at the CCTT.



Post, Army news briefly

Job fair set at ACAP center

The Army Career & Alumni Program will host a job fair at Fort Riley from 9 a.m. to 1 p.m. June 23 in Rooms 118C and 118D, Building 210.

More than 30 employers will be present to discuss available career opportunities with Soldiers and families. Resumes are not required. Professional ACAP counselors will be available to discuss questions about a successful job search.

For more information on employers scheduled to attend, visit the ACAP Center or call 239-2278 or 239-2248.

Job fair information also is available at www.riley.army.mil or www.acap.army.mil.

Public Works plans picnic

The Directorate of Public Works will conduct its annual organization day picnic and awards ceremony for employees and their families June 16. Minimal staffing will be maintained in the directorate from 11:30 a.m. to 4 p.m. that day, so critical functions remain operational.

For more information, call Dee Royse at 239-3906.

Mascal continued from page 1

mination with a hazardous substance," explained 1st Lt. Kelly Tatare, chief of environmental health at IACH. "This is done for the safety of the person contaminated and the people and environment that surrounds him or her."

For decontamination, the staff isolates and undresses the patient before he or she enters a shower to wash with soap or water. Showering times vary, depending on the chemical.

The patient then receives medical attention as needed. The hospital decontamination team wears full body suits and masks to ensure patient and fellow team member safety and security throughout the exercise.

IACH's hazardous chemical team consists of individuals from each hospital department. The team trains monthly to be pre-

pared for such an event. This exercise, a first for the area, was geared to improving emergency procedures for all parties involved and the interaction between them.

In an interview with Channel 49 News from Topeka, Col. Marilyn Brooks, hospital commander, said, "We need to keep exercising internal, as well as community emergency procedures. Since Katrina and the awareness that disaster brought, we are reminded that preparation is the key."

"The daily collaboration we have with the Riley and Geary County emergency respondents and hospitals is enhanced in scenarios such as this. We're spotting areas where improvement is needed. That can only be a positive lesson for all involved," she said.



Post/Morelock

A hospital worker rushes to assist a "patient" during a disaster exercise at IACH June 1. In the background, a team removes the uniform of a contaminated patient before sending him through the decontamination process.

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4th Bde. leaders build ‘team’

By Kirk A. Luedeke
4th IBCT PAO

FORT POLK, La. – The 4th Infantry Brigade Combat Team completed a five-day Leader's Training Program at the Army's Joint Readiness Training Center, Fort Polk, La., June 4.

The event required the brigade and battalion staffs to complete the military orders process, a crucial building block in bringing the brigade together as a viable, mission-oriented fighting force.

"The military decision making process is essential to everything we do as staff officers and planners," said Col. Ricky D. Gibbs, 4th IBCT commander.

Gibbs said he had several defined goals going into the training event that moved more than 150 of the brigade's 2,800 Soldiers by bus from Fort Riley to Louisiana after the Memorial Day holiday.

"We have to learn the process and master the basics," Gibbs told his assembled Soldiers on the first day of training. He also identified the importance of team building and everyone learning his or her specific function and job as part of the collective effort.

An added exercise goal was to validate and improve existing



4th IBCT/Taylor
Lt. Col. Joe Birchmeier (right), BSTB commander, and Capt. Michael T. Loftus, HHG, BSTB, commander, discuss the military decision making process during the Leader's Training Program at Fort Polk, La.

planning operating procedures within the brigade and battalions.

The majority of the brigade's primary staff and the staffs of each battalion were involved in the LTP that challenged the Soldiers to come together and generate a complete operation order in a short amount of time.

Without a focused plan to execute, battalions and companies cannot meet the brigade commander's intent. Staffs must be able to quickly digest a large amount of

information, analyze it and then devise a cohesive, logical plan

based on the commander's guidance throughout the decision making process.

The effort bears fruit in the form of quality products generated for subordinate units and most importantly, enough time to properly plan and rehearse execution at the lowest level.

The purpose of the LTP is to ensure that the brigade and battalion staffs can coordinate, integrate and synchronize combat power, said the LTP brigade senior observer/controller, who asked not to be identified. He noted the

staffs are more skilled and experienced collectively than they were three years ago as a result of emerging Army doctrine and individual professional development forged in combat.

"LTP was a tremendous learning experience for my young and inexperienced staff," said Lt. Col. Joe Birchmeier, commander of the Brigade Special Troops Battalion. "Although this was their first real experience in planning operations, their ability to analyze and develop executable orders (at the exercise's conclusion) was dramatic."

Units normally attend the course in preparation for a three-week rotation at the JRTC, where brigades deploy to Fort Polk's forests and swamps to work with simulated elected foreign governments and engage opponents that closely replicate the insurgent threat in Iraq and Afghanistan.

While the 4th IBCT does not have a JRTC rotation scheduled, Gibbs said the training is a crucial component for the brigade's leadership that will help build the foundation which increases brigade and battalion staffs' effectiveness as the team continues to train.

"The process drives everything," he said.



Post/Shirrett

MPs carry 'flame'

Members of the 116th Military Police Company, led by 1st Sgt. Billy Counts, prepare to begin jogging with the Special Olympics torch June 1 near the Ogden gate on Fort Riley. Members of the Riley County Police Department handed the torch to the MPs, who carried it to the Territorial Capitol. They handed it to HHG, 97th MP Bn., runner who, in turn, handed it to 977th MP Bn. Soldiers at Riley's Conference Center. The torch was then carried to the Grant Avenue gate, where Geary County law enforcement officers continued the run to raise money for Special Olympics.

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Mounted troopers demonstrate cavalry skills



By Amanda Kim Stairrett
Staff writer

Cowboys, cavalry Soldiers and shootouts are naturals in Dodge City whether it's the 19th, 20th or 21st century. The last time they got together was May 27-28 when the Fort Riley Commanding General's Mounted Color Guard performed at the Old Dodge Shootout.

The Kansas Cowboy Mounted Shooting Association sponsored the shootout. Participants, dressed in authentic clothing from the late 19th century, raced their horses around a course and shot at targets using two revolvers loaded with specially made rounds, according to the association's Web site.

The competitions are not unlike demonstrations the CGMCG performs at functions across the United States. While in Western Kansas, Soldiers jumped their horses over obstacles while shooting at balloons of popping them with sabers.

They also performed a jug pass, ring toss, downed rider rescue and presented the colors.

The weather in Dodge City was hot and windy, affecting the Soldiers and the shootout competitors.

"Sorry about the dust, the heat, the wind," Douglas Ring, event organizer, said. "But that's Dodge City."

Sgt. Shawn Day, a member of the CGMCG and his wife, Heike, also compete in KCMSA events. Shawn placed 19th overall and second in the men's class. Heike placed 13th overall and first in the ladies class during the first day of competition.

Shawn placed 24th overall and second in the men's class, and Heike placed 18th overall and first in the ladies class the final day of competition.

CGMCG 1st Sgt. Jason Scott said he enjoyed the event at Dodge City, and the people were hospitable. Scott's son, Matthew, competed in the shootout the first



Soldiers of the Commanding General's Mounted Color Guard perform a saber fight May 28 at the Old Dodge Shootout in Dodge City, Kan. The Soldiers in the guard traveled to Western Kansas for the shooting competition in which mounted shooters race around a course popping balloons with specially made rounds.

Post/Stairrett



Post/Stairrett

Pvt. Charles Sample reaches up to grab Spc. Bryan Bass' arm May 28 while demonstrating a downed rider rescue.

day, placing 29th overall and fifth in the wrangler class.

A lot of spectators came just to see the Commanding General's Mounted Color Guard, Ring said. An elderly man, who said he had served in a cavalry unit at Fort Riley, attended each of the demonstrations. His wife said he had talked about watching the Soldiers perform for weeks and showed up 30 minutes early each day.

Sgt. Dustin Young, operations noncommissioned officer for the CGMCG, said Soldiers typically get a lot of support at events from veterans. Young is an infantryman in Troop C, 2nd Squadron, 4th Cavalry Regiment, at Fort Riley. He joined the CGMCG in January.

Sixteen Soldiers are attached to the CGMCG, and not all of them have experience riding horses.

Soldiers are sent from their brigades to submit to five separate interviews and a rider's test, said Chief Warrant Officer Kevin Stonehouse, CGMCG commander. The Soldiers are assessed on their athleticism, background and balance.

Average training for a CGMCG Soldier is 90 days, but no one walks in an expert. Stonehouse grew up on a farm with horses and has been an avid rider for 12 years. It took him 45 days to complete CGMCG training. He took command of the group in mid-November 2005.

The Soldiers remain assigned to their units but are attached to the 24th Infantry Division (Mech). They spend all their time training with the CGMCG, including rider's training and Army training, such as PT and marksmanship.

The CGMCG has 14 horses for the mounted troopers and two mules used to pull a buckboard wagon.

Because of increased popularity this year, Stonehouse said the CGMCG would keep busy performing. Last year, the CGMCG appeared at 250 events.

The mounted Soldiers travel across the United States to perform, ranging from Thief River Falls, Minn., in mid-July and South Dakota after that to places closer to Fort Riley.

The CGMCG will perform at the Army's birthday celebration at Fort Riley June 14, Old West Cowboy Day June 24 in Ottawa, Kan., and the Junction City and Manhattan rodeos in July.

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@Riley.army.mil or 239-3328.

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Commentary

Friday, June 9, 2006

Fort Riley Post

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Riley Roundtable

This week's question:

What's your favorite way to beat the heat?



"Go swimming at the pools on post. I don't wear sunscreen, but I do drink more water and try to stay out of the sun."

SPC. Paul Anderson
Works in arms room
1st Battalion, 34th Armor
Hometown: Virginia Beach, Va.



"I stay inside. I also like to shop - air conditioning and the mall are wonderful. Traveling is also something I do to beat the heat."

Michele Givens
Father retired from military
Senior office assistant for AAFES
Hometown: Junction City, Kan.



"I like to go swimming at the Offsets. It's a quarry filled with spring water in Missouri. They play loud music, and you can jump off of the cliffs into the water."

Staff Sgt. Katie Herrell
Ammunition specialist
135th Aviation
Hometown: St. Louis



"I like to stay in the house and have something nice to drink - in the house."

Sgt. 1st Class Damon Parker
Platoon sergeant
Troop B, 2nd Squad, 4th Cavalry
Hometown: Washington, D.C.



"I say go to the pool and submerge yourself in some cold water."

Sgt. 1st Class Byron Townsend
Assistant operations sergeant
HHHT, 2nd Squad, 4th Cavalry
Hometown: Jackson, Miss.

Letters to editor:

Letters to the editor expressing personal opinions may be e-mailed to the editor at mike.heronemus@riley.army.mil. Letters must contain no libelous statements or personal accusations. Content may be edited to fit space but will not be edited to change the writer's point of view. All letters must contain the writer's full name and a telephone numbers where he or she can be reached.

Car buyer, beware 'yo-yo' sales tactic

By Jeff Dietz

Legal assistance officer

Every future car buyer should be aware of certain pot holes in car buying that could detour an otherwise pleasant trip. While many legitimate car dealerships treat their customers fairly, some resort to underhanded techniques to squeeze every cent possible from the unsuspecting consumer.

Behold the yo-yo sale. A yo-yo sale begins with the buyer signing a contract of sale and a financing agreement at the dealership. The dealer then gives the buyer a temporary registration and temporary plates. The buyer drives the car

home, believing the transaction is complete and that the dealer will be sending permanent Department of Motor Vehicle documents. The buyer anticipates making payments or actually starts making payments, according to the financing agreement schedule.

Weeks later, the dealer calls and tells the buyer that financing fell through. The dealer says that a new financing agreement must be signed.

In some instances, the dealer demands that the car must be immediately returned. When the buyer returns to the dealership, he finds that the dealer has already sold the buyer's trade-in vehicle. The dealer insists that

the buyer refinance the car at a higher rate, buy a different car on worse terms or pay the dealer for mileage, rent and any depreciation in value of the car.

The buyer often finds himself without his down payment and in need of a new car.

You can protect yourself from the yo-yo sale.

Do your homework ahead of time. Obtain financing through your own lender before setting foot on a dealer's lot.

If you finance through the dealer, do not leave the dealership without completing the financing process. Wait for the lending institution to tell you that you have been approved at the agreed-upon rate before driving

off the lot.

If, after leaving the dealership, the dealer calls to tell you that financing fell through, inquire about financing from other lending institutions. Most importantly, speak with an attorney before forfeiting your only bargaining leverage: your car.

If you believe that a dealer is attempting to use the yo-yo sale technique, contact the Fort Riley Legal Assistance Office for help at (785) 239-3117. The office is open Mondays through Thursdays from 9 a.m. to 4 p.m. for appointments, and Fridays from 9 a.m. to 4 p.m. for walk-ins.

Be the prepared consumer who is immune to underhanded techniques like the yo-yo sale.

Personal safety

Severe weather deserves special attention

By Steven Flickinger

Installation safety officer

Spring and summer months are the optimum time for thunderstorms and tornadoes in Kansas. Although thunderstorms and tornadoes can occur at any time throughout the year, the peak activity period is March through early July.

An average of 1,200 tornadoes touch down in the United States each year, and most of them form during tornado season and an estimated 100,000 thunderstorms occur each year, according to the National Weather Service. About 10 percent are classified as severe.

To learn more about how to survive in a tornado go to <http://www.fema.gov/hazard/index.shtmltp> or <http://www.srh.noaa.gov/ou/links/>.

Before a tornado or severe weather strikes, develop a plan. The American Red Cross offers planning tips on their Web site: <http://www.redcross.org/services/disaster/keepsafe/>.

Identify the area to be used as a shelter and be sure everyone knows where to go and what to do in case of a tornado watch or a tornado warning.

Know the locations of shelters in public facilities, such as schools, public buildings and shopping centers.

Have emergency supplies on hand: AM/FM radio with fresh batteries, flashlight with fresh batteries, drinking water, blankets, etc.

A thunderstorm needs three basic ingredients. The basic fuel

is moisture to form clouds and rain, and then it needs warm air that can rise rapidly. Finally, it needs a cold or warm front that is capable of lifting air to help form thunderstorms.

The life cycle of a thunderstorm starts at the developing stage, where a towering cumulus cloud indicates rising air. This usually produces little, if any, rain that lasts about 10 minutes.

The mature stage is most likely to produce hail, heavy rain, frequent lightning and tornadoes.

Hail is a water droplet that is carried to a height where freezing occurs. Hail causes more than \$1 billion in damage to property and crops each year. It can fall at speeds reaching 100 mph.

Flash floods caused by heavy rains are the No. 1 cause of deaths with thunderstorms - more than 140 fatalities each year.

Lightning causes an average of 80 fatalities and 300 injuries each year and strikes the Earth 20 million times. Lightning can occur cloud-to-cloud, within a cloud, cloud-to-ground or cloud-to-air. The air near a lightning strike is heated to 50,000 degrees Fahrenheit. That's hotter than the surface of the sun.

The National Weather Service has strategically located Doppler radars across the country so it can detect air movement toward or away from radar. Early detection of increasing rotation aloft within a thunderstorm can allow life-saving warnings to be issued before a tornado forms.

During a tornado, or when a tornado has been sighted, stay

away from windows, doors and outside walls. Protect your head from flying debris.

Take cover immediately, wherever you are. In a house or small building, go to the basement or storm cellar. If there is no basement, go to an interior part of the structure on the lower level (closet, interior hallways).

In a school, nursing home, hospital, factory or shopping center, go to the interior hallways on the lower level, if possible.

In a vehicle, trailer or mobile home, get out immediately and go to a more suitable structure.

Do not attempt to flee from a tornado in a car; cars are no match for the swift erratic movement of these storms.

After a tornado, keep tuned to the local radio or TV station to

get an "all clear" signal before leaving your shelter.

Enter damaged buildings with extreme caution. Be alert to fire hazards such as broken electrical wires, damaged electrical equipment, gas and oil leaks or smoldering piles of debris.

If your home is badly damaged, contact your unit for information on temporary quarters.

On Fort Riley, you will hear a siren to indicate severe weather. You should immediately seek shelter and tune to the military Channel 2 "In Step" or your local radio or television stations.

If you have a weather radio, tune to WXK 91 of Topeka frequency 162.475 mhz or KGG 98 of Hallsdale frequency 162.425 mhz for updates and area specific information.

Grunt By Wayne Udden



Need to call for help?

Fort Riley domestic violence and sexual assault response line (24 hours) - (785) 307-1373
Fort Riley Victim Advocate Program - (785) 239-9435
Chaplains - (785) 239-4357
Irwin Army Community Hospital emergency room - (785) 239-7777
Military Police (785) 239-MPMF (6767)
Local Police (on and off post) - 911

For confidential, free services, including safe shelter, call The Crisis Center, Inc. (24 hours) - (800) 727-2785
Kansas Statewide Hotline - 1-888-END-ABUSE (363-2287)
National Domestic Violence Hotline - 1-800-799-SAFE (7233)

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Post/Morelock

Running to remember

Soldiers of 1st Engineer Battalion begin the 1st Brigade run during physical training June 6. The purpose of the brigade run was to remember 1st Infantry Division Soldiers who stormed the coast of France at Omaha Beach 62 years earlier and to build esprit de corps. "If you are severely wounded or killed during this run, then and only then do you have my permission to fall out," 1st Bde. Commander Col. Jeffrey Ingram told his Soldiers before leading them in the run from Cavalry Parade Field to 1st BCT headquarters on Custer Hill.

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HOLM AUTOMOTIVE
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Black Only
6x10.5 Holm Auto

Tankers

continued from page 1

from the warehouse to a replica of the inside of an M1 Abrams tank. Through the scopes, the Soldiers didn't see the gray concrete walls of the room. Instead, they viewed the sandy rocky NTC terrain.

Training scenarios change each time

"Each time they run the scenario, we put stuff in a little bit different location so it's not quite the same look that they saw the last time," said Company B Commander Capt. William B. Arnett, "but it's not so drastic that they can't try to apply the lesson that we tried to teach them in the last operation."

From the control room, Arnett, Company A Commander Capt.

A.J. Besik and a civilian CCTT technician controlled the Soldiers' mission, monitored the radio and transmissions between the tanks and prepared for the group's after action review.

Wakefield said he would have loved to go to an armor unit with actual armor, but that he's learned a lot with 2nd Bn., 34th Armor, and has kind of gotten eased into being a platoon leader.

The CCTT tank training would be a big help, he said. "It'll help a whole lot, not just myself but all the Soldiers that are leaving." The simulation will help keep him and the other platoon leaders fresh and up on tank warfare for their next assignments.

Anna Morelock can be contacted at anna.morelock@riley.army.mil or 239-3032.

KPA
2 x 2"
Black Only
Amvets

LILACS ON THE PRAIRIE
2 x 4"
Black Only
2nd Lilacs Brighton Beach

Macdonald takes installation reins

By Melina Rodriguez

IMA

FORT BELVOIR, Va. -- The directorship of the U.S. Army Installation Management Agency changed hands May 30 in a ceremony on the front steps of Fort Belvoir's Abbot Hall.

Maj. Gen. Michael Rochelle relinquished the duties he's held since Nov. 1, 2005, to Brig. Gen. John A. Macdonald. Rochelle, who has been in the military for 34 years, is leaving

IMA to become the Army's deputy chief of staff, G1.

"I look forward to serving in this position," said Macdonald, who is joining IMA after serving as the commanding general of U.S. Army Community and Family Support Center.

Before his assignment at CFSC, Macdonald served as the director of the Korea Region of IMA at Yongsan Army Garrison, South Korea, from July 2002 to December 2004. Macdonald is IMA's fourth director since it was established in October 2002.

KPA
2 x 2"
Black Only
Omaha home for boys

FIRST ASSEMBLY OF GOD-MANHATTA
2 x 4"
Black Only
2nd First Assembly/God

Heat season can prove deadly

By Heidi Paulson
KSU intern

"Heat can kill," said Rick Hearron, safety and occupational health specialist at Fort Riley. "Typically, the heat season starts with Memorial Day weekend, which is also the beginning of the 101 days of summer," he said. "It ends with the end of summer around Labor Day weekend in September."

The U.S. Army's Heat Injury Prevention Chart shows five heat categories. Hearron said category five, an index of 90 degrees or higher, is the most dangerous.

"The most common heat injury is heat exhaustion," Hearron said. "(It) leads to heat stroke, the most severe of the heat injuries, and that can kill you."

The decision to train Soldiers in the heat is made by commanders, Hearron said. While there is a work schedule tied to each heat category, commanders base their training needs on mission requirements. "As long as they do a risk assessment and put controls in to eliminate or lower the hazards associated with heat, our office does not get involved with telling commanders they cannot conduct training," Hearron said.

The Army Heat Injury Prevention Program advises Soldiers to notify an instructor if they are dizzy, have a headache, are nause-

Heat categories:

78-81.9 degrees
82-84.9 degrees
85-87.9 degrees

88-89.9 degrees

90 degrees or higher

ated or have vomited, feel weak or are very tired, confused or on any medication. Hearron said these are some of the symptoms that can lead to heat exhaustion or heat stroke.

He said heat injuries can affect everyone, even family members at home, but there are preventive measures that can be taken. Such preventive measures could be to "acclimate the individual to the heat, drink plenty of water and don't wait until you're thirsty," he said. "You need water before you feel thirsty."

According to the AHIP program, Soldiers are to remind their buddy to drink and refill canteens at every opportunity. Hearron said

Heat precautions

Additional controls:

None required

Use extra caution when planning heavy exercise. Suspend strenuous exercise during the first weeks of training. Training activities may be continued on a reduced scale after the second week of training. Avoid activity conducted in direct sunlight. Curtail strenuous exercise for personnel with less than two weeks of hot weather training.

Physical training and strenuous exercise is suspended. Any essential operational commitment, not for training, where the risk of heat casualties may be warranted, is excluded from this restriction. Enforce water intake to minimize the possibility of heat injuries.

it is also wise to look at your urine; if it is dark or you have not urinated, you need to drink more.

Eating is also important. The AHIP program advises people to eat meals to replace salts in the body and not to follow low-calorie diets while training in a hot environment or take dietary supplements containing Ephedra (ma-huang). The program also stresses that drinking too much water and not eating enough salt may be fatal.

"We have had no heat casualties reported to our office," Hearron said. "But this advice should

be taken seriously because heat exhaustion can lead to a Soldier being given an IV, taken to the aid station for medical treatment and in some cases lead to a loss day, which automatically leads to a reportable accident and requires units to do an accident report."

Hearron said people should stay away from consuming large amounts of alcohol the night before strenuous activity. "Just drink moderately," he said.

Training, handouts and power point slides are available through the Installation Safety Office in Building 407.

Military, civilian retirees end collective 900 years of service

Staff report

Thirty-seven Soldiers and two civilians were honored at a retirement ceremony May 24 at Riley's Conference Center.

The Soldiers and civilians will retire after a combined total of 900 years of service with the Army.

After 34 years:
Chief Warrant Officer Robert E. Buckley, 3rd Brigade, will retire in Manhattan, Kan., where he plans to work on a farm.

Gary G. Ouellette, assistant fire chief for the Fort Riley Fire Department, will retire in the Linn, Kan., area, where he will become more involved in civic organizations and volunteering his services to the Linn community.

After 33 years:
Douglas R. Teener, senior manpower and documentation

analyst, 1st Infantry Division, will continue to live in Manhattan, where he will care for his granddaughter and pursue his love of writing, drawing and painting.

After 28 years:
Sgt. Maj. Curtis L. Shanklin, 24th Infantry Division (Mech), will retire in Junction City, Kan., where he plans to enjoy life by finding a stress-free job.

Master Sgt. Cleveland R. Smith, 24th Inf. Div. (Mech), will retire in Junction City, where he plans to enjoy retirement and work in a civil service position on post.

After 26 years:
First Sgt. Wayne A. Blunden, Company A, 1st Battalion, 13th Armor, will retire in Abilene, Kan., and plans to

See Retirees, Page 11

COLORTYPE-EQUITY ENTERPRISES,
2 x 3"
Black Only
2X3 Colortype Ad

MILITARY OUTLET
2 x 3.5"
Black Only
2X3.5 Military Outlet

CRUMS
2 x 3.5"
Black Only
2x3.5 Crums JuneTF

ARMED FORCES ENTERTAINMENT-AFC
6 x 10.5"
Black Only
684360 PU from 5/19



1st Engineers learn to operate 'dozers

Editor's note: The 1st Engineer Battalion, 1st Brigade, is one of 12 Fort Riley units alerted to deploy in support of Operation Iraqi Freedom and Operation Enduring Freedom. The battalion is scheduled to deploy in the fall of 2006.

This article is the second in a series telling what a battalion does to get ready for such a deployment, including live-fire field exercises and new equipment training. The series also will touch on how the Soldiers are preparing psychologically for war through programs such as long-distance relationship training for troops and their significant others.

By Amanda Kim Stairrett
Staff writer

Since the unit's reorganization March 15, 1st Engineer Battalion leaders have made changes to adapt to a new mission. Bulldozer training is a part of that transition.

While other members of the battalion played opposing forces or participated in live-fire route clearance lanes at the Multi-Purpose Range Complex in May, other engineers took turns sitting at the controls of a large yellow bulldozer. Soldiers pushed dirt around a construction site, gouging out holes and then refilling the holes and smoothing out the earth again.

Staff Sgt. Charles Hutchinson, the only 1st Eng. Bn. Soldier licensed to operate a bulldozer, led the training. Hutchinson trained everyone from privates to sergeants how to use the machine so the battalion would have "more flexibility to look at different ways to solve problems," said Lt. Col. David Theisen, battalion commander.

That flexibility could serve the battalion's companies well during deployments in support of Operation Iraqi Freedom this fall because the Soldiers are training to use a bulldozer for reshaping the environment, Theisen said. Reshaping means filling in craters

or creating berms, essential tasks during the deployment.

Theisen estimated the battalion would have almost 10 bulldozers while deployed.

Iraq is an austere environment and infrastructure is crumbling from years of neglect, Theisen said. Engineer battalions are one of the organizations best suited to reshape the environment for the troops and Iraqi people, he added.

"We can make a visible improvement in their living conditions by having expanded outside of the normal equipment we operate to generate a small capability," he said.

The battalion also will have Soldiers serving in special roles as senior equipment operators and vertical construction carpenters, creating what Theisen called "pockets of expertise."

Finding appropriate bulldozers to train with was a challenge. The battalion doesn't own any dozers at Fort Riley; they will be issued upon deployment. So, the battalion rented a civilian bulldozer. The challenge came in finding a machine with the same controls — rods instead of a joystick — found on Army bulldozers.

Theisen said the Soldiers usually use an armored earthmover — an M9 armored combat earthmover.

Soldiers were screened by their company leaders for previous experience on similar equipment. Hutchinson then interviewed them to weed out those who had seen pictures of bulldozers versus those who had actually driven one, Theisen said.

A lot of the Soldiers used similar controls before, had some experience and were happy to use the bulldozer, Hutchinson said. This previous experience gave them a head start in operating the machine, something a lot more complicated than it looked.

Hutchinson said the four key

elements Soldiers were learning were blade control, digging and creating berms, proper berm removal and spreading dirt evenly, which he described as the toughest of all the tasks.

Creating a flat service requires more skill, he said. The key is picturing what is happening at the front of the blade because that area is impossible to see from the driver's seat.

Successfully operating a bulldozer is something that can take a year or more to master, Theisen said.

"Our bulldozer training will allow us to use some of our skills on what is probably the most versatile piece of engineer equipment there is," Theisen said of the D7 bulldozer. "It has a tremendous payoff to all parties."

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@riley.army.mil or 239-3328.



Post/Stairrett

A Soldier from the 1st Eng. Bn.'s 41st Mobility Augmentation Co. watches a fellow Soldier operate a bulldozer May 19 at Fort Riley's MPRC. Staff Sgt. Charles Hutchinson led the training that taught Soldiers how to operate a civilian bulldozer similar to the 'dozers they'll use during their deployment this fall.

HOUSE FILL AD

KPA
2 x 4"
Black Only
wild west

NORTH CENTRAL-FLINT HILLS
2 x 5"
Black Only
2x6 Circle of Charing Workshop

AB SMITH MARKETING
5 x 11"
Black Only
5x11 Marlings

VERNON JEWELERS
1 x 4"
Black Only
1x4 Vernon

STATE FARM INSURANCE
1 x 6"
Black Only
1x6 Jungsans JuneTF





SPRINT-NEBRASKA PRESS
6 x 21"
Black Only
Phone





Depot arms Soldiers with medical computers

By Anthony Ricchiazzi
Army News Service

TOBYHANNA ARMY DEPOT, Pa. — Soldiers are being equipped with computers that give new meaning to first aid.

Technicians in the Computer Service and Repair Branch are programming computers that allow medics and other medical personnel to diagnose and probably treat injuries ranging from snake bites to gunshot wounds.

The branch is part of the Command, Control and Computer Systems Division; Command, Control and Computer Systems/Avionics Directorate.

The computer system, called Medical Communications for Combat Casualty Care, or MC4, is actually a suite of ruggedized computer hardware and joint software being fielded to medics, field hospitals and other deployed medical units. MC4 enables deployed medical forces to record and share patient medical records

from the battlefield to the U.S., supplanting archaic paper-based methods.

The system is a medical information-management system for Army tactical medical forces, providing a comprehensive, life-long electronic medical record for all servicemembers and enhancing medical situational awareness.

"MC4 systems consist of handheld computers, three types of laptops and two servers, plus peripheral components such as printers and memory cards for each type of computer," said Mark Cooper, electronics mechanic. "Our mission is to load software into the computers and servers, test them, and assemble the equipment in transit cases."

Headquartered at Fort Detrick, Md., MC4 is under the oversight of Program Executive Office Enterprise Information Systems, Fort Belvoir, Va. Division chief Jerry Dougher said the mission started in January.

The AN/TYQ-105(V1) handheld computer can be used by

medical personnel to diagnose and treat injury in the field.

"Thousands of deployed medical personnel will have these," said James Hummel, an electronic measurement equipment mechanic.

"We load them with software that provides first aid information, including things like identifying different snake bites such as a rattlesnake, or treatment of injuries," he said.

Medical personnel can also use the TYQ-105s to record, transmit and access a Soldier's medical information via synchronization with MC4 laptops.

"This will help in giving first aid faster," Hummel said. "The computers use a Windows XP environment, so it's easy to input data about an injured Soldier, which helps with performing field triage."

That data can be transmitted to an AN/TYQ-106, 107 or 108 laptop computer, then through an AN/TYQ-108 (V1) server to the Combat-Service-Support Auto-

mated Information Systems Interface (CAISI) via the Internet. The servers are stationed at combat support hospitals where hundreds of MC4 laptops are in use and transmit data to and from the handheld and laptop computers as well as other medical data systems.

Depot technicians have programmed thousands of computers and servers, which have been fielded to medical personnel throughout Southwest Asia.

"The most difficult part of the mission is programming the servers, because they have the most complex software," Hummel said. "The handheld takes the least time to program. Fitting all the equipment into a transit case is also time consuming; it has everything needed, even cleaning fluids for the DVD player and other components. We've cut down our time to prepare a complete system."

Cooper explained that the experience they gained allows them to work faster and find bet-

ter ways of completing the mission. For example, they found a way to load software onto the memory cards that dropped the time from seven cards in 45 minutes to less than a minute.

"We found that an older version of Windows is more efficient than the XP we were using," he said.

"We also had a Lean event and reorganized the shop," Dougher added. "The Lean techniques helped us cut the total time to prepare a complete system."

Dougher said Tobyhanna will also repair systems as they are returned from the field.

"Tobyhanna Army Depot plays a critical role in the MC4 mission," said Orlando Illi, MC4 deputy product manager.

"They provide a central location for systems integration, configuration and asset management — all of which help us field the most comprehensive information management and information technology medical system in theater to date," he said.

HOUSE FILL AD

DAILY UNION
6 x 15.5"
Black Only
Service Directory



Retirees

continued from page 7

work at Fort Riley.

First Sgt. Louis D. Hicks, 498th Combat Support Battalion, will retire in Manhattan, where he plans to attend Kansas State University and provide musical support to the armed forces.

After 25 years:

First Sgt. Roy E. Eldridge, 3rd Bde., will retire in Junction City, where he plans to become a stay-at-home dad.

After 24 years:

Master Sgt. Sherry D. Payne, 2nd Battalion, 383rd Training Support, will retire in Lansing, Mich., where she plans to be a youth minister and a domestic engineer in the human resources field.

Sgt. 1st Class David L. Tolbert, 70th Engineer Battalion, will retire to Columbia, S.C., where he plans to work with the federal government at Fort Jackson.

Sgt. 1st Class David J. Priese, 3rd Bde., will retire in Hesperia, Mich., and plans to work in Baharan.

Sgt. 1st Class Steven E. Rogers Jr., Army Field Support Battalion, will retire in Junction

City and plans to work in a civil service position at Fort Riley.

After 23 years:

First Sgt. Jeffery W. Johnson, 1st Bn., 13th Armor, will retire in Manhattan and plans to keep working in the Fort Riley area.

Sgt. 1st Class Chris A. Thornton, 70th Eng. Bn., will retire in Ogden, Kan., and plans to work for the Kansas Highway Patrol.

Sgt. 1st Class John L. Doll, 125th Forward Support Battalion, will retire in Milford, Kan., and plans to work for the federal government.

After 22 years:

Lt. Col. John R. Lee, Medical Department Activity, will retire to Natchez, Miss., where he plans to serve as chief operating officer at Natchez Community Hospital.

Lt. Col. Sandy W. Pogue, 24th Inf. Div. (Mech), will retire in Manhattan, where he plans to work as a government contractor, play golf and spend time with his children.

Master Sgt. Eula E. Dobbin, 125th FSB, will retire to Fort Bragg, N.C., where she plans to be a youth minister and spend

time with her family.

Sgt. 1st Class Troy A. Nave, 125th FSB, will retire in Manhattan, where he plans to spend quality time with his family.

Sgt. 1st Class Tyrone Fowler, 1st Bn., 13th Armor, will retire in Manhattan, where he plans to enjoy retirement and work in a civil service position at Fort Riley.

Staff Sgt. Daniel M. Matheony, 1st Replacement Company, and his wife, Maria, will retire in Junction City, where he plans to finish his degree in computer science.

After 21 years:

Chief Warrant Officer Kenneth C. Dettbarn, 2nd Battalion, 70th Armor, will retire to Elkader, Iowa, where he will work for Lawson Products.

First Sgt. Jeffery L. Lytle, 2nd Battalion, 34th Armor, will retire in St. George, Kan., where he plans to never miss another anniversary or hunting season.

First Sgt. Randy C. Barrer, 596th Signal Company, will retire in Washington, Ohio, where he plans to pursue a federal job.

Sgt. 1st Class Richard L. Oldham, 2nd Bn., 70th Armor,

will retire to Phoenix, Ariz., with his wife, Connie. He plans to enjoy retirement and mentor Junior ROTC cadets.

Sgt. 1st Class Paul N. Beeler, 97th Military Police Battalion, will retire in Topeka, Kan., where he plans to seek employment with the Topeka Police Department.

Sgt. 1st Class Joseph D. Richard, 125th FSB, will retire in Junction City, where he plans to complete his degree in digital communications.

Sgt. 1st Class James N. Wiertz, 24th Inf. Div. (Mech), will retire in McPherson, Kan., where he plans to work as an electrician.

Sgt. 1st Class Bobby R. Smith Jr., MEDDAC, will retire in Enterprise, Kan., where he plans to spend quality time with his family.

Sgt. 1st Class Kenneth E. McCune, 2nd Bn., 70th Armor, will retire in South Charleston, W. Va., where he plans to attend a vocational school.

After 20 years:

Chief Warrant Officer Jerry W. Young, 82nd Medical Company Air Ambulance, will retire to

Anacoco, La., where he plans to work for Lockheed Martin.

Chief Warrant Officer Bobby G. White Jr., 4th Infantry Brigade Combat Team, will retire in Junction City, where he plans to spend quality time with his family.

Chief Warrant Officer Pamela I. Parker, 24th Inf. Div. (Mech), will retire to Kempner, Texas, where she plans to start a career in the electronics industry.

Sgt. 1st Class David R. Sharp, 4th Battalion, 1st Field Artillery, will retire in Manhattan and work for an overseas contractor.

Staff Sgt. Gerardo E. Maitland, 1st Replacement Co., will retire to Tampa, Fla., where he plans to open a Quick Lube facil-

ity.

Staff Sgt. Juan A. Apodaca, 125th FSB, will retire in Junction City and plans to work for the Riley County Police Department.

Staff Sgt. Earl W. Richard III, 541st Combat Sustainment Support Battalion, will retire in Atlanta, Ga., where he plans to seek employment in the logistics field.

Staff Sgt. James L. Barnes, 1st Battalion, 41st Infantry, will retire in Wakefield, Kan., and plans to work in a civil service position at Fort Riley.

Staff Sgt. Pologa Setu, 1st Battalion, 5th Field Artillery, will retire in Louisville, Ky., where he plans to finish his degree in criminal justice.

HOUSE FILL AD

KPA
2 x 4"
Black Only
wma-shun-gah days

STANDARD PLUMBING
2 x 5"
Black Only
2X5 Stand Plumbing June TF

SETH CHILD CINEMAS
2 x 5.5"
Black Only
2X5.5 Seth Childs June TF

VALASSIS AFC
4 x 15"
Black Only
Color 687804 Give the gift





Black Hawk helicopters belonging to the new Aviation Combat Brigade that will form at Fort Riley taxi along the airstrip at Marshall Army Airfield June 2.

PAO/Perrin

Black Hawks continued from page 1

in late May, Kiowas and Chinoooks.

"We're all happy to be here; we're just really excited to have a big training area to fly in and Soldiers who are ready to have us," Tetu said. "When the 82nd Med. comes back in November, we can call the family complete."

The 82nd Med. Co. will become a part of the brigade after their redeployment scheduled for this November, he said.

"Traditionally they've always been medical service corps controlled with a little bit of aviation branch oversight," Tetu said. "Now, they're going to become pure aviation; it's going to be nice

for us and nice for them."

The Black Hawks will begin to train with ground units, said Chief Warrant Officer Gene Montanaro, a pilot who arrived with the first aircraft.

"We'll train with the infantry units how to work around the aircraft, load the aircraft and incorporate (the aviation brigade) into their mission, so they can use us when they're out in the field," Montanaro said.

"Every one of the pilots and crew members are itching to get after it. We'll be up and at it before you know it. You'll hear us before you see us," Tetu said.

MILITARY ONESOURCE
4 x 10.5"
Black Only
Full Color 684318 PU 5/26

Uniform continued from page 1

date is expected to be fourth quarter of fiscal year 2011.

A wear-out date for the Army Green Class A and White dress uniforms will be determined at a later date.

The consolidation of Army service uniforms is part of a streamlining process.

In 2004, the Army reduced the number of battle dress uniforms from three to one when it adopted the Army Combat Uniform in place of the Woodland Green Battle Dress Uniform (winter and summer versions) and the Desert Combat Uniform.

That uniform consolidation has been a resounding success in terms of Soldier acceptance and reducing the variety of combat uniforms with which they must deal, according to Army officials.

Army Blue as a uniform color traces its origins to the National Blue and was first worn by Soldiers in the Continental Army of 1779.

Besides tradition, the Army Service Uniform reflects utility, simplicity and quality.

In utility, the blue Army Ser-

vice Uniform provides a basic set of components that allow Soldiers to dress from the lowest end to the highest end of service uniforms with little variation required.

In simplicity, the blue Army Service Uniform eliminates the need for numerous sets of green Class A uniforms, service blue uniforms and, for some, Army white mess uniforms (and tunics, for women).

Streamlining various service uniforms into one Army Service Uniform reduces the burden on Soldiers in the same manner that the Army Combat Uniform did for the field utility uniform.

In quality, the blue Army Service Uniform is made of a durable material that is suitable for daily use without special care.

Information about the blue Army Service Uniform and its composition is available at www.army.mil/symbols/uniforms.

MEMORIAL HOSPITAL ABILENE
1 x 2"
Black Only
1x2 Heartland Lasik

PRAIRIE HAWK CYCLE &
LEATHER,
1 x 1.5"
Black Only
1x1.5 Prairie Hawk June

COTTONWOOD THEATERS
1 x 3"
Black Only
1x3 Cottonwood June/TP

TYME OUT
1 x 3"
Black Only
1X3 Tyme Out Lounge Ad

BRIGGS AUTO LANE
5 x 6.5"
Black Only
5x6.5 Briggs GM





Fort Riley Sports & Recreation

Friday, June 9, 2006

America's Warfighting Center

Page 13

Sports news in brief

NBA tour plans Fort Riley stop

The NBA 2006 Trophy Tour comes to Fort Riley 10 a.m. to 4 p.m. June 24 at King Field House.

Open to military, families, DoD employees and civilians, the event includes basketball games, food and music in a carnival atmosphere.

Two NBA players plan personal appearances during the event. One will be Jacques Vaughn from the New Jersey Nets. He is a former University of Kansas player.

The other NBA player is yet to be named.

Outdoorsmen sponsor shooting clinic

The Fort Riley Outdoorsmen Group will sponsor a free Instinctive Shooting clinic at 6 p.m. June 14 to the rear of the Conservation Building on Huebner Road.

Professional trainer James Rutland of Box Springs, Ga., will teach a wingshooting course that will have shooters using provided BB guns first to hone their instinctive skills. Shooters also are welcome to bring shotguns and shells for the final portion of the course.

The course is open to the public. Registration is required, as spaces are limited to the first 50 shooters, ages 12 and up.

Stop by the Conservation Office, Building 1020, on Huebner Road or contact Shawn Stratton at 239-6069 to register.

Pool, gym activities listed

June 11 – 2-4 p.m., Riley Wheels at King Field House, family skate. \$1 for each ID card holder

June 12 – 9-10 a.m., King Field House, spinning; noon to 1 p.m., King Field House, Yoga; 4:30-5:30 p.m., King Field House, turbo kick; 5:45-6:30 p.m., Eyster Pool, abs, buns and thighs; 5:45-6:45 p.m., King Field House, total body toning

June 13 – 6:30-7:30 a.m., King Field House, PT power time; 9:30-10:30 a.m., Eyster Pool, water aerobics; 5:45-6:30 p.m., Eyster Pool, water aerobics; 6-7 p.m., King Field House, spinning

June 14 – 9-10 a.m., King Field House, spinning; 5:45-6:30 p.m., Eyster Pool, abs, buns and thighs

June 15 – 6:30-7:30 a.m., King Field House, spinning; 9:30-10:30 a.m., Eyster Pool, water aerobics; noon to 1 p.m., King Field House, Yoga; 3:30-4:30 p.m., King Field House, spinning class; 5-6 p.m., Eyster Pool, water aerobics; 6-7 p.m., King Field House, spinning

June 16 – 9-10 a.m., King Field House, turbo kick; 4:30-5:30 p.m., King Field House, spinning class; 5:45-6:45 p.m., King Field House, cardio pump

For more information, call 239-2813.

Golf course open for play

Custer Hill Golf Course is open for play 8 a.m. to dusk Tuesday through Sunday.

June 9 – Noon, Home & Home golf tournament with Fort Leavenworth

June 16 – Noon, MED-DAC golf outing

For more information, call 784-6000.

Racers want to give Army present

Army News Service

JOLIET, Ill. — U.S. Army NHRA drivers Tony "The Sarge" Schumacher, Angelle Sampey and Antron Brown will be looking to hand their sponsor the perfect birthday gift — a win — this weekend when they take to Route 66 Raceway for the CARQUEST

Auto Parts Nationals at Joliet, Ill.

While victories have come with frequency for Sampey and Brown over the first third of the season, Schumacher heads for his hometown race having not yet earned a trip to victory lane in 2006 after totaling 19 wins the last two seasons.

Schumacher, a three-time NHRA POWERade Top Fuel

world champion, has not made it to the semifinals round since the Bristol, Tenn., race in late April.

He's hoping a little home cooking will finally turn the tide.

"That would be great," he offered. "It's certainly been frustrating so far this year. If you would've told me at the beginning of the season that we would not have any wins at this point, I

would have said that you were crazy."

Entering the CARQUEST Auto Parts Nationals eighth in the Top Fuel standings, Schumacher knows he and his team need to establish consistency soon if they are to make a move in the points.

"We have to get it done in qualifying and on race day," he added. "We need to get down the quarter-

mile each and every time. There's no room for error anymore."

While Schumacher has struggled, Sampey and Brown have been on the opposite end of the performance spectrum.

Sampey, a three-time world champion, has three wins to her credit after the opening four events. Brown claimed the one other race.

Teamwork

Rick Eggleston, left fielder for Co. C, 1st Bn., 16th Inf., high fives his teammates (from left, Alex Hill, Jordan Hanford, Chad Nebergall and Joseph Kremer, after scoring a home run in the last inning of a May 31 game against FSC, 1st Eng. Bn. The infantrymen won, 15 to 1.

Post/Stairrett



Bad Boyz romp over Engineers

By Amanda Kim Stairrett
Staff writer

Strong defense and solid teamwork helped the Bad Boyz of Company C, 1st Battalion, 16th Infantry, defeat the Forward Support Company, 1st Engineer Battalion, slow-pitch softball team 15-1 May 31.

"Our fielding was the best part," said Rodney Riedels, Bad Boyz first baseman. "Our hitting was par."

The infantrymen, who got permission to return from field training to play, scored seven runs in the third inning. The engineers' first and only run, by right fielder Scott Nagle, came in the same inning.

Nagle hit a triple and was batted in by Samuel Ulrich, right-center fielder.

Jeremy Holmes, FSC coach, said his team needed to improve its batting.

"Our whole team is great," he said. "They're good ball players. They (the opponents) just hit it over the fence a few times."

Bad Boyz third baseman and coach Abel Chavez, left fielder Rick Eggleston and Riedels hit one homerun each during the five-inning game. Right fielder Alex Hill and right-center fielder Justin Nelson led scoring with three runs each. Riedels

followed close behind with two. All but two infantry players scored during the game.

Though the infantrymen were solid at bat in the game against the Engineers, Chavez said it was an average performance for his team.

"We usually hit better," he said. "Defense was the key. If it wasn't for the defense, we wouldn't have held them with (our) team's hitting."

1st Bn., 16th Inf.'s, defense was rock solid. Most of the Engineers' outs came in 1-2-3 bursts. The Infantrymen's defense only allowed one hit between outs in two innings. Bad Boyz pitcher Joseph Kramer sent an Engineer player to the bench twice and allowed only three hits.

"We were on our game," Riedels said. Chavez said no players stood out because they always played and won as a team. "When our backups take over, the defense doesn't change," he said of his solid bench.

Co. C, 1st Bn., 16th Inf., also plays in a softball league in Topeka.

Chavez said some players had to go back to the field after the evening's games. The Soldiers had been in the field all day, performing convoy operations, but they didn't show any fatigue as they worked the



Post/Stairrett

Abel Chavez, Co. C, 1st Bn., 16th Inf., gets tagged out at home plate by Joshua Borst, FSC, 1st Eng. Bn.

softball field. It helped that they were infantrymen and in shape, Chavez said.

Despite an overwhelming victory and winning record, Chavez said the season wasn't exactly a lock.

"Anybody can win," he said. "We'll keep playing."

Amanda Kim Stairrett can be contacted at amanda.kim.stairrett@riley.army.mil or 239-3328.

Soldier earns world berth

By Tim Hips

Army News Service

SIOUX CITY, Iowa — Five U.S. Army World Class Athlete Program wrestlers reached the finals and one earned a berth in the World Championships during the 2006 World Team Trials for USA Wrestling May 27-28 at the Tyson Events Center.

Staff Sgt. Dremiel Byers of Fort Carson, Colo., won the 264.5-pound Greco-Roman division with a 2-0 victory in his best-of-three championship series against New York Athletic Club's Russ Davie.

A 2002 world champion and six-time national champ, Byers qualified to represent the Army and compete for Team USA at the World Championships of Wrestling Sept. 26 through Oct. 2 in Guangzhou, China. Byers is scheduled to make his third appearance in the world championships.

On Memorial Day eve, Spc. Aaron Sieracki of Fort Carson faced top-seeded Marine Corps Sgt. Jacob Clark of Quantico, Va., for the 185-pound Greco-Roman crown. Clark needed three rounds to defeat Sieracki, who won their first match. Clark saluted the crowd after prevailing 3-2, 1-1 in the deciding bout.

Clark applauded Aaron's older brother, Army Staff Sgt. Keith Sieracki, for mentoring him through years of military, national and international tournaments.

Aaron Sieracki, who returned to the mat after an 18-month hiatus following nine years of Air Force service, upset three-time U.S. world team member and 2004 Olympian Brad Vering of the New York Athletic Club in the semifinals.

Keith Sieracki, a 2001 U.S. World Team member and two-time winner of the U.S. Olympic Trials, lost in the 163-pound Greco semifinals to WCAP teammate Pfc. Brandon McNab. Keith Sieracki took third place with a victory over Army teammate Sgt. Jess Hargrave, who finished fourth.

See Wrestlers, Page 14

Spiny plants please pallets of some diners

Prickly pear tastes like cucumbers; smaller pincushion eaten less often



Alan Hynek

By Alan Hynek
Fish and Wildlife Biologist

On the prairies of Fort Riley are two botanical dissidents. They come armed with sharp spines and an array of folklore and fascinating uses. Although these two seem out of place on the Kansas plains, they are certainly an interesting part of the tallgrass prairie community.

Two species of cactus are known

On the Wildside: News About Nature

to occur on Fort Riley. The prickly pear (*Opuntia macrochiza*) is common and found throughout the post. The other is much less common and is fittingly known as the pincushion cactus (*Coryphantha missouriensis*).

Both are in a family of plants found mainly in the arid southwest-ern United States. They have a characteristic thick dermal (outer) layer

that helps to minimize water loss during the hot and dry summer. In addition, most cacti have spines that help protect the plant from water loss by predators.

Prickly pear grows on rocky slopes and hilltops in the open plains. It can be found as a single plant or more often in a cluster of several plants. There are nine

species of prickly pear found in the Great Plains and is the most widespread cactus in North America.

It is characterized by having one to several thick pads armed with up to 1-inch spines. The yellow flowers are produced in the spring of the year and bear a fleshy red or purple fruit.

The prickly pear has many reported uses. Most notably is that nearly

See Cacti, Page 14





Sports news briefly

Custer Lanes lists events

Custer Hill lanes is open Daily for Lunch from 11:00 a.m. to 1:00 p.m. Bowl a game and have lunch – relax before you go back to work.

June 10 – 4-7 p.m., Family Time Extreme Bowling; 10 p.m. to 1 a.m., Extreme Bowling

June 11 – 4-6 p.m., Family Time Extreme Bowling
Custer Hill Bowling Center, Building 7485, offers open bowling 5 to 11 p.m. Tuesdays through Thursdays, 5 to 10 p.m. Fridays and 3 to 11 p.m. Saturdays.

For more information about Bowling Center activities, call 239-4366.

Junior golfers offered pro time

Three sessions of junior golf will be held for kids ages 5 through 18 at Custer Hill Golf Course. Upcoming sessions will be July 11 to Aug. 15 and Aug. 29 to Oct. 3.

Golfers ages 5 through 10

will play from 5:15 to 6 p.m. Tuesdays. Golfers ages 11 through 18 will play from 5:15 to 6 p.m. on Thursdays.

The cost is \$60 for six weeks. Registration begins April 17. Ten spaces will be available in each class.

Programs need rowing coaches

The Kansas State Men's and Manhattan High School boy's and girl's rowing programs need coaches with a rowing background. Both programs row on Tuttle Creek Reservoir from 3:30 to 7:30 p.m. each weekday afternoon. The teams travel to about five regattas in the fall and six in the spring.

A summer rowing program for experienced rowers and newcomers will begin June 5 and continue through July. Sessions will be from 6 to 8 p.m. Monday, Tuesday and Thursday. Anyone with rowing experience, time for coaching and dedication to the sport should call Al Koch at 313-2902 for more information.

Wrestlers

Top-seeded T.C. Dantzler of the Gator Wrestling Club defeated McNab 2-0 in the finals.

Capt. Phil Johnston, another former Air Force wrestler turned WCAP Soldier, upset top-seeded Adam Wheeler of the Gator Wrestling Club in the finals of the 211.5-pound challenge tourna-

ment. In the championship finals, Johnston lost 2-0 to 2005 world bronze medalist Justin Ruiz of the NYAC.

In the 145.5-pound Greco-Roman finals, WCAP Staff Sgt. Marcel Cooper lost 2-0 to Harry Lester of the Gator Wrestling Club. Cooper also posted a

rugged 2-0, 1-2, 1-1 victory over All-Army teammate Sgt. Glenn Garrison, who finished third. Sgt. Oscar Wood, a 2004 Olympian, finished fifth in the weight class.

Spc. Jermaine Hodge took third place in the 121-pound Greco-Roman division by injury default against teammate Spc. Josh

Habeck. Sgt. Brad Ahearn finished fourth in the Greco-Roman 185-pound weight class after losing to Vering.

The U.S. World Team Trials for women are scheduled June 29 and 30 at Colorado Springs Christian School in Colorado Springs

Cacti

all parts are edible, including the pads, fruit, buds and flowers. The Plains Indians used this plant quite extensively as a staple food source.

The taste of raw prickly pear pads is similar to that of a raw cucumber. Pads were most often boiled to loosen the skin and remove the spines. Although prickly pear fruits and pads are quite tasty, they must be eaten with extreme caution. Some of the spines possess barbs similar to a fishhook, making them difficult to remove.

...

Prickly pears were quite often noted in literature as a source of emergency food and water. One particular event occurred in 1868 at the Battle of

Want more information

For more information, call the Conservation Division at 239-6211 or stop by Building 1020.

Beecher Island along the Republican River in Northeast Colorado. General Forsyth and his troops were stranded on the sandy island for several days. Their only subsistence was prickly pears, which were found in abundance on the island.

The pincushion cactus is not very common on Fort Riley but can be found on rocky ledges in the open prairie. The plant has

one to several round stems bearing clusters of spines.

The flower is a striking pale yellow to green and develops into a fleshy fruit. As with the prickly pear, most parts of this cactus can be eaten. However, because of its small size it was not a major food source for the Plains Indians or early settlers.

Both species of cactus can be grown ornamentally and make a

good landscape plant in the right situation. They take well to transplanting and require little water.

Care must be taken to plant them someplace where children or pets will not brush against the thorns.

Fort Riley's hunting and fishing regulation allows flowers and foliage of plants (excluding trees and shrubs) to be taken for ornamental purposes without a permit, provided that no more plant material is taken by any one individual, each day, than can fit into a standard three-pound coffee can (six-inch diameter opening).

Roots of plants may not be taken.

KSU TRADEOUT
3 x 4"
Black Only
3rd Tradeout Men's Hball

USADISCOUNTERS
3 x 10.5"
Black Only
B&H/PU 6/02/06

OLD CHICAGO
3 x 10.5"
Black Only
3rd0.5 Old Chicago





Fort Riley Community Life

Friday, June 9, 2006

America's Warfighting Center

Page 15

Community news briefly

Spouses' Club installs officers

The Enlisted Spouses' Club installed new officers at a meeting May 24 at the Custer House on post.

Army Scarpulla will serve as president for the 2006-2007 club year.

Members of the new board are First Vice President Tricia Winchester, Second Vice President Lateesha Coleman, Secretary Nina Adams, Treasurer Dawn LaBay and Member at Large Sherry Spears.

City band sets free concert

The U.S. Cavalry Museum will sponsor a band concert beginning at 7 p.m. June 16 June on the museum grounds. The Junction City Municipal Band will present a program of patriotic music.

The public is invited and members of the Historical and Archaeological Society of Fort Riley plan to be on hand to provide refreshments.

Persons planning to attend should bring lawn chairs or blankets.

In case of inclement weather, the program will not be rescheduled.

Child services activities listed

June 9 – 9 a.m. to 5:45 p.m., Science City in Kansas City, 1st and 2nd grade

June 10 – 6 to 10 p.m., Parent's Night Out

June 12 – 10 a.m. to 3:30 p.m., field trip to Chuck E. Cheese in Topeka, 3rd through 5th grade; 4:30 to 5:45 p.m., field trip to Arts & Crafts Center on post, 1st and 2nd grades

June 13 – 9:30 to 11:30 a.m., field trip to Milford Nature Center, 1st and 2nd grades

June 14 – 4:30 to 5:45 p.m., bowling trip to Custer Hill Lanes, 1st through 5th grades

June 15 – 9:30 to 11:30 a.m., golf at Custer Hill Golf Course, 1st through 5th grades

June 16 – 9 a.m. to 5:45 p.m., field trip to Cosmosphere in Hutchinson, 3rd through 5th grades

For more information, call 239-9220.

PX opens Taco Bell Express

The Taco Bell Express in Fort Riley's PX Food Court opened in grand fashion at 9 a.m. June 7 with a formal ribbon cutting ceremony.

The food outlet cost almost \$300,000 to set up shop and is one of three in the Army and Air Forces Exchange System's Central Region.

PX General Manager Stan Young said the Express is different from a regular Taco Bell. "The menu items are curved more towards the best sellers. It fits better into a mall-type atmosphere," he said.

The Taco Bell Express will serve food from 10:30 a.m. to 8 p.m. Monday through Saturday and 11 a.m. to 7 p.m. Sunday.

Stay in Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Mental health help offered online

By Gerry J. Gilmore
AFPS

WASHINGTON – Military members and families coping with the stress of overseas deployments and other potential health-threatening issues can log onto the Internet to get help, a U.S. military psychologist said April 17.

Servicemembers from all com-

ponents and their families can obtain a mental health self-assessment or screening through a Web site co-sponsored by Department of Defense and Screening of Mental Health Inc., a nonprofit organization, said Air Force Col. Joyce Adkins, a psychologist with the Force Health Protection and Readiness Directorate at the Defense Department's Health Affairs office.

"The (online) screening actually gets you to where you need to be in terms of counseling," Adkins said. "Once you do one of the screening checklists, it will give you the benefits that are available to you."

The Web site, brought online in January, augments other DoD mental health assistance resources, Adkins said.

People logged onto the site are

asked to answer a series of questions.

The program "grades" the completed survey, Adkins said, and gives people an evaluation of their present mental health and provides assistance resources, if deemed necessary.

Other DoD-endorsed health sites tell customers how to access mental health counseling services, but do not provide an online men-

tal health screening program, Adkins said.

National Guard and reserve members returning from overseas deployments also are authorized to use the Web site, Adkins said.

Returning reserve-component members have two years of health benefits provided by the Department of Veterans Affairs.

"And, it's totally free to them," the colonel pointed out.

Meeting need



Sunisa Deboer (left), mother of Nadia, 3, and Mikaela, 7, talks with Kasandra Roberts (center), Armed Services YMCA office manager, and Nancy Smith, site director, as she drops off her daughters before going to an exercise workout. The special workout program was added to the center's services when mothers requested it.

Post/Paulson

ASYMCA serves military families

By Heidi Paulson
KSU intern

JUNCTION CITY, Kan. – "We're not a regular YMCA," said Nancy Smith, site director of the Armed Services YMCA in Junction City.

Located at 111 E. 16th St., the ASYMCA has provided childcare and numerous other services to the Fort Riley community since December 1994. The brochure for the non-profit organization states, "We are here to serve those who serve America."

Besides childcare, the ASYMCA offers a summer camp program; jazz and ballet dance classes; a parent physical workout program; use of the facility for meetings, private parties or military functions; a free car seat loan program and a free transportation service to eight local locations.

Free rides reach 8 destinations

Operation Wheels is a free transportation service for active

duty military or their family members living in Junction City or on Fort Riley. The service is available for those who do not have access to a vehicle or who do not drive.

The ASYMCA will provide free transportation for four round-trips per month to eight locations: WIC office in Building 7264, Army Community Service in Building 7264, Irwin Army Community Hospital, self help office in Building 289, Post Chaplain Services, respite care at the ASYMCA, Geary Community Hospital and the Junction City Health Department.

Transportation appointments can be made by calling (785) 762-4780 at least 24 hours in advance of the appointment.

The summer camp is open to all school age children and costs \$20 per child, per week. Kindergarten through second grade meets on Mondays and Wednesdays, and third through fifth grades meet on Tuesdays and Thursdays. Classes will cover prehistoric times, the galaxy, superheroes and various other topics.

Ballet and jazz dance classes



Post/Paulson

(From left) Bree Roberts, 4, Logan Reynolds, 5, Morgan Reynolds, 5, Rome Burton, 3, and Jordan Reynolds, 3, play at the Lego table in the ASYMCA's center room.

are offered every Thursday evening for children 2 1/2 to 13 years old.

The parent workout program is geared toward giving parents the time to exercise between 8:30 and 10:30 a.m. at a gym of their choice. The fee is \$2.50 for the

first child and \$1.75 per additional child. The fee for children less than 2 years old is \$3.25 for the first child and \$2.50 per additional child. The ASYMCA asks parents to provide a list of items frequently used so they're quickly accessible when needed.

See ASYMCA, Page 17

Wife's book offers moving tips

By Fonda R. Bock
Army News Service

WASHINGTON – Moving. It can leave a person overwhelmed with stress and anxiety, but military families must endure it over and over. But, one Army spouse claims she's developed techniques that relieve some of the stress and make moving enjoyable.

"It's time to take a different look at PCSing," said Sandee Payne, a freelance organizer and decorator who has relocated seven times in 10 years to follow her husband's military career. "From now on, think of it as your 'positive change of surroundings.'"

Payne has compiled her hard-earned knowledge into a book, *That Military House: Move it, Organize It & Decorate It*.

The how-to guide contains decorating tips and techniques for dealing with the specific challenges military families face when moving. It's these ideas that helped Payne look forward to moving rather than dreading it, she said, adding that she hopes the book will do the same for readers.

Among the obstacles Payne addresses is the lack of storage space families often find in their new homes. She suggests using closets, cabinets and furniture to hold items frequently used so they're quickly accessible when needed.

Decorative pieces, such as baskets, placed throughout the house can double up as storage space, and articles put away in additional storage areas should be in labeled containers, she added.

Payne also recommends purchasing furniture and decorative accessories that are modular and can fit in a variety of spaces and

See Moving, Page 16

Consumers need to check their medications

By Pete Wiemers
Public Health Nurse

Medications can be confusing and dangerous if not taken properly. The National Health Information Center has several good tips for safe use of medications:

• Ask questions if you have doubts or concerns about your medicine.



FOR YOUR HEALTH

• Ask questions and make sure the answers are clear to you.

• Talk with the pharmacist or doctor about your health and medicines.

• If needed, take a relative or friend with you to ask questions and remind you about the answers.

• Write down the answers, if

needed.

• Make a list or bring a bag with all the medicines you take to your medical appointments. (For a Personal Medication Organizer Form visit:

www.usp.org/pdf/patientSafety/personalMedOrg.pdf)

• When visiting the doctor, picking up a prescription at the pharmacy or going to the hospital for a procedure, be sure to bring

all the medicines that you take. This includes over-the-counter medicines, vitamins and herbal supplements. Make sure any new medicines that are prescribed are safe to take with your current medicines.

• Remember to remind your doctor or pharmacist if you are allergic to any drugs.

• Make sure your medicine is

See Medications, Page 16





Post, Army news briefly

Library begins youth program

The Fort Riley Library Summer Youth Reading Program started with 75 children participating. The 2006 theme is "Paws, Claws, Scales & Tales," celebrating the world of animals. The program concludes June 24.

In keeping with the theme, the Saturday story times this summer also will have an animal theme. All Fort Riley families are welcome to attend the Saturday story times at 1:30 or 4 p.m. Children must be accompanied by a caregiver.

"Wild About Books" by Judy Sierra will be the story June 10. When librarian Molly McGrew accidentally drives her bookmobile into the zoo, she finds all the animals are "wild about books," too. Molly finds tall books for giraffes, joke books for the hyenas and even a waterproof book for the otter.

For more information, call 239-5305.

Youth Services activities listed

June 9 – 9 a.m. to 5:45 p.m., Science City in Kansas City, 1st and 2nd grade

June 10 – 6 to 10 p.m., Parent's Night Out

June 12 – 10 a.m. to 3:30 p.m., field trip to Chuck E. Cheese in Topeka, 3rd through 5th grade; 4:30 to 5:45 p.m., field trip to Arts & Crafts Center on post, 1st and 2nd grades

June 13 – 9:30 to 11:30 a.m., field trip to Milford Nature Center, 1st and 2nd grades

June 14 – 4:30 to 5:45 p.m., bowling trip to Custer Hill Lanes, 1st through 5th grades

June 15 – 9:30 to 11:30 a.m., golf at Custer Hill Golf Course, 1st through 5th grades

June 16 – 9 a.m. to 5:45 p.m., field trip to CosmospHERE in Hutchinson, 3rd through 5th grades

For more information, call 239-9220.

Teen Center lists activities

June 9 – 7-9 p.m., newcomer's hot dog and horseshoe tournament

June 10 – 6 to 9 p.m., family spaghetti dinner and movie night

June 13 – 2 to 6 p.m., swim trip on Fort Riley

June 14 – 2 to 5 p.m., bowling at Custer Hill Lanes

June 16 – 9 p.m. to midnight, Midnight Basketball (Staff vs. Youth)

For more information, call the Teen Center at 239-9222.

Support Center lists activities

The Soldier and Family Support Center, Building 7264 on Normandy Drive, will host the following activities:

June 12 – 6 to 9 p.m., Monday spouse activity

June 14 – 9 to 11 a.m., Financial Management/Checkbook Maintenance Class; 1:30 p.m., permanent change of station briefing for those going to Germany

June 15 – Family Readiness Group Leader class for new FRG leaders and commanders covering the do's and don'ts of operating an effective FRG. Pre-registration is required. Free childcare will be available. Call 239-9435 to register.

FIRST PRESBYTERIAN CHURCH
1 x 2.5'
Black Only
1x2.5 1st Pres JuneTF

Medications

continued from page 15

what the doctor ordered and know how to take it correctly.

- Does the medicine look different than you expected? Does a refill seem different than what you have taken before? Does the medicine seem to be different from what your doctor wrote on your prescription? If something seems wrong, ask the pharmacist to check. Most errors are first discovered by patients.

- Ask about side effects and what to avoid while taking the medicine.

- Read the label and other information that you receive when you get your medicine, to include all warnings and dosage information. If there are any words you do not understand, ask your pharmacist or doctor to explain them in plain language.

- Check with your pharmacist or doctor to see whether you need laboratory tests to monitor how your medicines are working. Make an appointment with your doctor to talk about your tests.

Some medicines may affect your liver or other organs and require regular laboratory tests to make sure they aren't causing harmful side effects.

- Take your medicines exactly as you are told by your doctor, pharmacist or nurse.

- Do not share your medicines with anyone, even if they have the same symptoms or condition that you have. It may hurt them.

- Do not leave your medicines where children or pets can get

them. Discard unused and expired medicines.

- Know what to do if you think you have taken an overdose or if a child has taken a medicine by accident.

- Keep the telephone numbers of your doctor, pharmacist, Irwin Army Community Hospital Nurse Advice Line (239-DOCS) or poison control center (1-800-222-1222) handy so you can call them at once if needed.

SCREEN MACHINE

2 x 2"

Black Only

2X2 Screen Machine June TF

LIGHTHOUSE CHRISTIAN FELLOWSHIP

1 x 3"

Black Only

1X3 Lighthouse Christ Apr TF

ACADEMY, INC.

4 x 2"

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4x2 Academy Cars JuneTF

FAITH FURNITURE

4 x 7"

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4x7 Faith Furn Fashion Show

CAPITOL PLAZA HOTEL

1 x 6"

Black Only

1x6 Cap Plaza June TF

BRIGGS AUTO LANE

5 x 6.5"

Black Only

5x6.5 Briggs Nissan

Moving

continued from page 15

that are neutral and traditional. "Character and style can be easily introduced to a home's décor through the use of accents like pillows, vases and artwork," Payne writes.

"When the desire for a new look or trend arises, a rather small element can be purchased to achieve it," Payne advises.

For window treatments, Payne suggests curtains that work in a variety of rooms.

She also offers instructions for creating tiebacks, making

longer curtains shorter and shorter curtains longer.

"I like to approach every move as a blank canvas, to experiment with other decorating techniques that I may want to use in my retirement home someday," she said.

Payne said making moving more efficient and less stressful comes down to four simple concepts: being prepared, organized, clutter-free and open-minded.

CANDLEWOOD HEALTH MART PHARMAC

2 x 2"

Black Only

2X2 Candlewood Health





ASYMCA

continued from page 15

vide a snack for each child.

Regular childcare hours are Monday through Friday from 11 a.m. to 3 p.m. The fee is \$7.50 per day for the first child and \$6.75 per day for each additional child. The fee for children less than 2 years old is \$8.25 for the first child and \$7.50 per additional child. The ASYMCA asks parents to provide a sack lunch and snack for each child.

The Friday Night Out program is from 5:30 to 10 p.m., and the prices are the same as regular childcare. Smith said it allows parents time to enjoy a movie and dinner while being able to afford to pay for childcare.

"We're affordable," she said. "I tell the parents to just drop them off, go home, sit down and watch a movie – just enjoy each other."

Family Readiness Groups can meet

Family Readiness Groups can use the facility at no cost, and a meeting area with a separate area for childcare is available.

"We provide services for the armed forces as much as possible," Smith said. "We provide classrooms to teach the Soldiers and their families about Army Family Team Building. We also offer childcare for the Enlisted Spouses' Club and for the Officers' and Civilians' Spouses' Club's board meetings and luncheons.

ASYMCA funding

The ASYMCA is a non-profit organization.

Site Director Nancy Smith said funding comes from United Way donations, fundraisers, grants and profits from the programs. "The better the fundraiser, the better our facility," she said.

A fundraiser in April raised \$500. "The lock-in allowed parents to leave their children overnight for \$25 per family," Smith said. "The money we raised went right into our playground."

According to information relayed from Ted Hayden, executive director of the ASYMCA and YMCA in Junction City, \$37,000 in toys was donated to Operation Santa Claus through the ASYMCA with the help of a grant.

Reservations are required for each program, and childcare reservations must be made at least one week before the date childcare is needed. A no-show fee of \$5 per child is charged for each program.

Through the help of a local insurance agency, ASYMCA loans car seats for one month. The seats accommodate newborns to children weighing up to 40 pounds.

"We're here to support the family of the military," Smith said. "Everyone that works down here is a military wife. They're able to bring their children down here with them to work, and it's a major benefit to be able to work outside the home and bring your children."

Smith said because the employees are familiar with mili-

tary life, they understand and relate to the kids and are able to support the parents as well, "because, as we all know, the military life is very different from a civilian's life."

"We do childcare so moms can work out and just get a break while their husbands are at work or deployed. A lot of parents come down and use us for time to work out or go to school," she said.

Number of children grows by 320

Smith said the number of children who take part in Junction City's ASYMCA programs has increased. "We've been growing a lot since October of last year," she said. "We've gone up from running 80 children through a month to almost 400 children a month."

One mom said she is not looking forward to moving because of childcare reasons. "We're moving to Washington, D.C., soon, and the ASYMCA headquarters are there, but they don't actually have a center," said Sunisa Deboer, mother of Mikaela, 7, and Nadia, 3. "My kids just love it here; it's like a second home to them. All of the workers here are like surrogate mothers. (The children) don't cry when I leave them here."

Deboer said Smith has been instrumental in making the Junction City ASYMCA a better place for mothers and their children since she took over in October 2005. "Moms begged for the workout time program and she listened to us and got it done," Deboer said. "It's been really good for me."

HOUSE FILL AD

PATRIOT OUTFITTERS

3 x 4"
Black Only
304 Patriot Outfitters

CHARTER COMMUNICATIONS- THAYER

3 x 10.5"
Black Only
3X10.5 Charter #7172

K PA
2 x 2"
Black Only
mcky hill

EYECARE ASSOCIATES OF MANHATTAN

2 x 4"
Black Only
2x4 Eyecare Assoc

MERCY REGIONAL HEALTH CENTER

3 x 3.5"
Black Only
3X3.5 Mercy Ad

GEICO- AFC

3 x 10"
Black Only
686968 So good





LIVING WORD CHURCH - MANHATTAN
3 x 2.5"
Black Only
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runover
3 x 21.25"
Black Only

CENTRAL MICHIGAN U/OCF
3 x 8"
Black Only
3x8 CMichU WO#17700

JON MURDOCK AUTO MALL
3 x 10"
Black Only
3x10 Murdock W#81 Jun





Classified ads





Travel & Fun in Kansas

Page 20

America's Warfighting Center

Friday, June 9, 2006

Leisure time ideas

At the movies:

Doors open at 6:30 p.m. Tickets cost \$3.50 for adults and \$1.75 for children 11 and under. Children under the age of 5 are free except during children's matinees or expected sell-outs.

June 9 – Akcelah and the Bee (PG) 112 Min
June 10 – Silent Hill (R) 83 Min

June 11 – American Dreamz (PG13) 107 Min
June 15 – Silent Hill (R) 83 Min

June 16 – Stick It (PG) 105 Min
For more information, call 784-2226 or 784-2640.

Abilene:

What: Miniature Collages. Twenty-five postcard-sized mixed media collages by Andrea Fuhrman.

Where: Arts Council of Dickinson County, 207 NW 3rd St.

When: Now through June 11

Phone: (785) 263-1884

E-mail: acdc@artscouncil.org

Web site: www.artscouncil.org

Manhattan:

What: Summer Small Works Invitational. Series of exhibitions by Kansas State University graduate students. The works include paintings, prints and drawings.

Where: Manhattan Arts Center, 1520 Poyntz Ave.

When: 10 a.m. to 5 p.m. Monday through Friday and 1 to 4 p.m. Saturday through Sept. 2 (first exhibit through June 15, other exhibits will follow)

Admission: Free
Phone: (785) 537-4420
E-mail: marketing@manhattanarts.org

What: Juneteenth celebration. Parade, children's workshop performance, Cobras Marching Band, Negro League Baseball display, 3-on-3 basketball, food vendors, crafts, DJ music.

When: June 16, parade 11 a.m., afternoon activities and gospel fest 7 to 9 p.m.

Where: Parade will start at Town Center Mall and end at Douglass Park

Phone: (785) 776-5917

Kansas City:

What: The Rhythm & Ribs Jazz Festival. This festival blends two of Kansas City's richest traditions, jazz and barbecue, creating an exciting recipe for family fun in the 18th & Vine Jazz District. National and local blues, jazz gospel and R&B artists perform all weekend long. Family friendly activities include amateur barbecue contest and assortment of live performers, games and interactive entertainment for kids in the Target Family Pavilion, food and craft vendors.

When: Father's Day Weekend, 4 to 11 p.m. June 16, 11 a.m. to 11 p.m. June 17 and noon to 6 p.m. June 18

Where: Parade Park and the Jay McShann Pavilion at the American Jazz Museum in the Historic 18th & Vine District, Kansas City, Mo.

Admission: Advance tickets to Ticketmaster and the American Jazz Museum box office (816) 474-6262, are \$15 for adults, \$6 for children ages 6-12 years old and children 5 and under are free. Special weekend and family passes are available.

Web site: www.kcrhythm-and-ribs.com

Back in time



Ten-year-old Tannan Naughton plays with toys in the children's room on the second floor of the house. Tannan is a docent for the Historical and Archaeological Society of Fort Riley. She tells visitors to Custer House about the early years of Fort Riley and family life in those days.

PAO/Blackmon

Custer House opens for summer season

By Emily Melin
KSU intern

Dust blows across the street in front of Quarters 24 on Sheridan Avenue as the sun beats down on the limestone walls of what has become known as Fort Riley's Custer House.

A white picket fence guards the history the house contains.

Inside the house, a grandfather clock sits unwound in the front parlor. "The last time that it was wound, it worked and kept time," docent Cynthia Naughton said. She and other docents of the Historical and Archaeological Society of Fort Riley volunteer their time to tell visitors about the history enshrined in the Custer House and about the fort's historic past.

On a recent occasion, the Naughton family welcomed a young group into the Custer House. Families occupied this house from around 1850 to 1970, and the Naughton family dress in the style of that era to illustrate that period for Custer House visitors.

"History is as much a part of our life as it isn't," Cynthia said. The Manhattan-based family has been doing re-enacting for eight years and helping at the Custer House for a year.

The Naughtons are the only family serving as a docent, said Bill McKale, curator of the U.S. Cavalry Museum at Fort Riley, although about 10 more docents also provide tours of the Custer House.

Through the screen door of the house, Cynthia presented the parlor. She is a mother of three, who loves public speaking and history.

Cynthia, dressed in period clothing, welcomed a school group into the home as a typical 1850s mother. She invited the group into a parlor decorated with authentic furniture. An artistic shadow box of hand-woven hair decorated a wall. Cynthia pushed down her authentic green overskirts. She instructed a crowd of

children to note her hair brooch. All are cultural reminders of America's past.

"We want to promote our culture as Americans," Cynthia said. "It's a fun thing to do."

The children's eyes continued to look at every knick knack and detail as they moved into the dining room. Killian Naughton, 16, explained the decor. She was dressed in a typical servant dress.

Killian explained how young girls often quit school to work for extra income. She explained why cheese-cloth was laid over a large meal. Her voice was calm while pointing out the blue China plates from England, as if she had given tours for years.

Killian said she enjoys practicing public speaking. Presenting the Custer House helps get rid of stage fright, she said. "I like interacting with the kids," Killian said. "Everyone's different."

Killian directed the crowd into the morning family parlor. The children leaned over the velvet ropes to see every detail. A silent piano rested in the corner of the room. It is for learning notes without disturbing anyone, Killian said. She laughed as she explained her connection with the piano.

She blushed, smiled and brushed her black hair from her face. "I had to practice on that," Killian said.

The tour takes children to the upstairs portion of the house. The first room on the left is the bachelor's bedroom. Gunnar Naughton, 13, told the group to touch the cool marble top of the dresser. While they felt the cool counter, Gunnar said he felt the heat of his authentic Army outfit. He wore a period-typical navy blue hat and detailed belt, but omitted the common overcoat.

"It gets pretty hot, and it's a little too small," Gunnar said. "(But) I like dressing up. I like the Army thing the best."

As the group relocated to hear the commentary of his youngest sister, Gunnar shared his feelings on bringing the past alive.

"It's really fun," Gunnar said. "I like it when people ask a lot of questions."

In the room next door, Tannan Naughton, 10, bit her lip. She rolled her eyes while stumbling on a sentence. She averted the group's attention to the mismatched furniture in the Custer House nursery.

Like her family, Tannan said she improves her public speaking skills by presenting the children's room.

Tannan pointed to pictures of young children hung on the white walls. She shared what she knows of the time period. Children younger than 6 wore lacy dresses, she said. Boys can be deciphered from girls in pictures by analyzing the hair part, Tannan said. Boys have side parts; girls have center parts, she added.

The details and stories told by the Naughton family provide insight into the U.S. cavalry era at Fort Riley. On occasion, Mark Naughton can be seen on the porch, dressed in his Union Civil War-era uniform. His collection of Soldier gear is neatly laid out. He shows off a period pistol and saber and talks of everyday Soldier life.

Constructed in 1855 of native limestone, the Custer House is the only surviving set of quarters from the Fort's earliest history and authentically depicts military life on the western frontier during the Indian Wars Period.

It is largely unchanged from its original design and furnished with furniture from the period between 1880 and 1890. It is believed Brevet Maj. Gen. George Armstrong Custer and his wife, Libby, occupied a similar set of quarters while stationed at Fort Riley in 1866.



PAO/Blackmon

The Naughton family, (from left) Gunnar, Killian, Tannan, Cynthia and Mark, dress in period clothing while serving as docent tour guides at the Custer House on Fort Riley.

If you go:

The Custer House, Quarters 24, is on Sheridan Avenue. The house opened May 25 for summer season visitors. Normal operating hours are 10 a.m. to 4 p.m. Mondays through Saturdays and 1 to 4 p.m. Sundays now through Labor Day.

Admission is free. Donations are welcome. For more information on becoming a docent, contact the U.S. Cavalry Museum at 239-2737.

Theater stages 'experiment'

Special to the Post

Founded in 1989 and now in its 18th season, the Manhattan Experimental Theater Workshop for High School Students is a five-week program of the Manhattan Arts Center that takes place every May to June.

MXTW is part classroom and part production company. In addition to studying examples of various styles of avant-garde theater, participants write and perform original pieces under the influence of the styles they have studied.

This year's target story is "The Book of Exodus."

Dissecting popular mythologies through the techniques of avant-garde theater, MXTW tells stories audiences only thought they knew.

The results are performances that are definitely not for children, nor for the faint of heart.

Explosively physical, deeply analytical, highly amusing and not a little disturbing, MXTW's performances will engage the mind, grip the soul and astound the senses.

For more information on this and other performances at the Manhattan Arts Center, visit its Web site at www.manhattanarts.org or call (785) 537-4420.

Lecture series free to all

Special to the Post

ABILENE, Kan. — The Dickinson County Historical Society is sponsoring the annual Memories of the Prairie Lecture Series again this year. The series will run through July 29.

Admission to all programs are free. Lectures are presented each Saturday at 7 p.m. in June and July at the Heritage Center in Abilene.

Lectures this year include: Eisenhower's Life and the Influences of Mamie and Ida by Elinor Haas June 10
Life on the Oregon Trail by Joan Thayer June 17

The Army in 19th Century Kansas by James Leiker June 24

Historic Landscapes by Gus Van Der Hoeven July 1
Just Give Me a Job: Kansas in the Great Depression by Lloyd Sponholtz July 8

Senator Daniel Dickinson and the Kansas-Nebraska Act by Jeff Sheets July 15

Zebulon Pike 1806 by Jeff Sheets July 22

Ice Cream Social with music provided by Alice Thomas July 29. This event starts at 6:30 p.m.

For more information, call (785) 263-2681 or (785) 263-2681.

